



City of Newton, MA

INVEST IN YOURSELF

June 2012 Health and wellness newsletter for employees

MOSQUITO-BORNE DISEASE PREVENTION

BLOOD PRESSURE & HEALTH MAINTENANCE CLINIC

**CITY HALL
ROOM 10A,
10AM TO 11 AM
TUES., JUNE 12
DROP IN**



SUMMER ZUMBA

**CITY HALL WAR
MEMORIAL
THURSDAYS 5:15
TO 6:15 PM**

**JUNE 14-AUG. 30,
EXCLUDING JULY 5
AND JULY 26,
10 CLASSES FOR
\$80**

**PAY CASH OR
CHECK AT THE
FIRST CLASS**

THE GROUP IS A MIX
OF FITNESS LEVELS
AND AGES.
EMPLOYEES ARE
WELCOME TO SIGN
UP WITH A FRIEND
OR RELATIVE. THE
MORE THE MERRIER!

**EMAIL WELLNESS@
NEWTONMA.GOV TO
SIGN UP OR CALL
617-796-1427.**

The most common disease spread by mosquitoes in the Newton area is West Nile virus (WNV) infection.

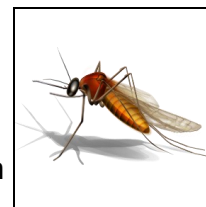
The virus is commonly found in the bird population, and spreads when the mosquitoes bite infected birds and then bite humans.

The types of mosquitoes most likely to carry the virus breed in standing water in containers such as flower pots, bird baths, tires, pet water dishes and pool covers. Eliminating these sources can help cut down on the mosquito population.

You can also reduce your risk of WNV infection by avoiding being outdoors when mosquitoes are most active between dusk and dawn, using effective mosquito repellent with DEET, and covering your skin if you must be outside.

Most people infected with

WNV will experience mild or no symptoms. About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.



People over age 50 are at higher risk of serious symptoms if they do get sick with the virus.

Last year one Newton resident was diagnosed with WNV infection, and many more were likely infected but suffered only mild, if any, symptoms.

Another mosquito-borne disease, Eastern Equine Encephalitis (EEE), is much more serious. It is found in and around freshwater, hardwood swamps because that is where the mosquitoes live who carry the EEE virus.

The preventive tips for EEE are the same as those for WNV, but Newton employees who live in communities with freshwater, hardwood swamps (mostly found in Plymouth and Norfolk counties on the South Shore) should be particularly vigilant about prevention.

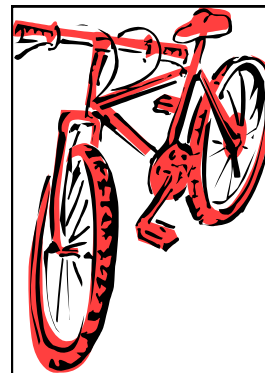
BIKES AVAILABLE FOR EMPLOYEE USE

Two bikes stored in the basement are available for use by City of Newton employees.

It's a great time of year to bike to lunch, head down to the Farmer's Market when it opens in July, or take care of nearby business via bike instead of car.

City policy requires completion of a brief safety course and waiver before using the bikes.

To learn more about checking out a bike, email Bike Manager Derek Valentine at dvalentine@newtonma.gov





City of Newton, MA

INVEST IN YOURSELF

May 2012

TAKING ADVANTAGE OF YOUR ANNUAL PHYSICAL

At halfway through the year, have you scheduled your annual physical?

This is an opportunity for you to check in with your primary health care provider about your health needs, have screenings, and ensure your immunizations are current.

The city health insurance plans include one annual physical per calendar year. A physical is preventive care, so the cost will not be applied to the deductible.

However, if your doctor runs blood tests, provides immunizations, or conducts an EKG, those costs may be applied to the deductible.

To avoid any unanticipated charges, talk with your doctor and check in with your insurance

company before blood work or other tests are conducted.

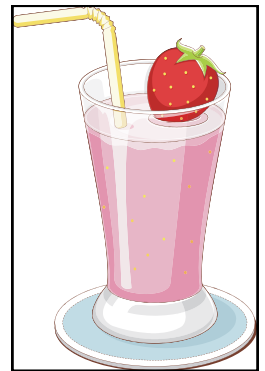
During the physical, you can expect to have your vital signs taken (blood pressure, temperature, pulse, etc.) ask your questions about your family medical history and your own health history, have the exam itself and discuss any screenings you may need.

Depending on age and medical history, screening possibilities might include colonoscopy, mammogram, PAP smear, PSA, bone density testing and more. Talk to your health care provider to determine what is right for you.



BERRY BOLD BANANA SMOOTHIE

This smoothie recipe from Chop Chop Magazine makes a great breakfast or snack. Vary the fruit if you like, but choose mushy bananas over ripe ones so they blend easily.



1/4 cup orange juice
1/2 cup low-fat or nonfat yogurt
1/4 cup fresh or frozen unsweetened raspberries
1/4 cup fresh or frozen strawberries or blueberries
1/2 overripe banana, peeled and sliced
2 ice cubes

First add the orange juice and yogurt in the blender. Then add fruit and ice cubes.

Cover and blend on medium setting until the ice is chopped and the mixture is smooth, about 2 minutes

Serve immediately, or refrigerate up to four hours.

No blender? Use a non-mushy banana and make a **breakfast banana split** instead by slicing the banana in half the long way and topping with the berries!

Recipe from
www.chopchopmag.org

HOME & RECREATIONAL SAFETY TIPS

The leading causes of injury in the United States — drowning, falls, fires and poisoning — often occur at home. Here are a few tips to stay safe at home.

Check your smoke and carbon monoxide detectors regularly, and practice your evacuation plan at least every six months. Everyone in the family should know where the safe place to meet is outside the home.

Isolate pools with a fence, and be extra vigilant about watching children in and around pools.

Prevent falls at home by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding stair railings and improving the lighting in homes.

Properly dispose of unwanted medication to prevent accidental poisoning. Mix liquids or pills with something undesirable such as kitty litter, coffee grounds or spoiled food and put it in your regular garbage.

Information adapted from
www.cdc.gov